



Veggies Made Easy

Holiday Entertaining

December 2019

Smoked CAULILINI[®] baby cauliflower Lavash Flatbread with Goat Cheese Béchamel

Ingredients

For Goat Cheese Sauce

- 2 tablespoons unsalted butter
- 3 tablespoons all-purpose flour
- 1 ½ cups whole milk
- 6 ounces fresh goat cheese
- Freshly grated nutmeg, to taste
- Salt and freshly ground black pepper, to taste

For Flatbread

- 1 (10 ounce) bags Mann[™] CAULILINI[®] baby cauliflower
- ¼ cup olive oil
- 2 teaspoons salt
- 1 large piece lavash flatbread, store-bought
- 2 tablespoons capers
- 1 cup cherry tomatoes, halved
- 2 tablespoons crushed chili flakes
- ¼ cup chiffonade fresh basil

The Method

Preheat oven to 350°F.

For Goat Cheese Sauce

In a medium saucepan, melt the butter over moderate heat. Stir in the 3 tablespoons of flour until a paste forms. Gradually pour in the milk, whisking until smooth.

Bring the béchamel sauce to a simmer over moderately high heat, whisking constantly, until thickened, about 4 minutes.

Reduce the heat to low and cook, whisking often, until no floury taste remains, about 10 minutes. Remove from the heat and stir in the goat cheese until melted. Season the sauce with nutmeg, salt and pepper.

For Flatbread

In a bowl, add CAULILINI[®] baby cauliflower, olive oil, and salt. Toss well to coat.

Brush ¼ cup of goat cheese sauce onto the lavash. Arrange the CAULILINI[®] baby cauliflower and the rest of the assembly toppings, except for the basil, on top of the lavash. Bake the lavash on a parchment-lined sheet tray for 7-8 minutes, or until it is crispy and the sauce is bubbling.

Once cooked, garnish with fresh basil.

Servings: 4





BROCCOLINI® baby broccoli Goat Cheese Tarts

Ingredients

- 1 sheet puff pastry, store bought
- 2 bunches BROCCOLINI® baby broccoli (about 15-18 stalks)
- 2 teaspoons olive oil
- 1 clove garlic, sliced
- 1 teaspoon salt
- 3 ounces softened goat cheese
- 1 tablespoon heavy cream

The Method

Preheat oven to 400°F.

Sprinkle the work station with flour. Unfold the puff pastry sheet onto the flour, smooth out with a couple light strokes with a rolling pin, about 12-inch square sheet.

Use a round 1 ½ inch biscuit cutter or mold to cut out the pastries. Place each round onto a baking sheet covered with parchment paper and cook in oven for 15-20 minutes or until golden brown.

Meanwhile, whip the goat cheese and heavy cream. Set aside.

Chop off the florets off of the BROCCOLINI® baby broccoli and cut into 2 cups of small florets.

In a sauté pan over medium-high heat, warm 2 tablespoons of olive oil then add BROCCOLINI® baby broccoli, garlic and salt. Sauté BROCCOLINI® baby broccoli until just tender, about 5-6 minutes.

To assemble the tarts, slice the cooked puff pastry which will have double in height.

If the inside of the puff is not fully cooked, place back in the oven opened to the inside and bake for about 4 minutes.

Place ¼ goat cheese mixture in each bottom of the puff, place the small BROCCOLINI® baby broccoli floret on top of the goat cheese mixture and then place the lid on top.

Serve as an appetizer.

Servings: 15



Grilled Green Beans with Thyme-Dijon Butter

Ingredients

For Thyme-Dijon Butter

- 2 tablespoons unsalted butter, softened
- 1 teaspoon Dijon mustard
- 1 teaspoon fresh chopped thyme
- 1 teaspoon capers, drained, rinsed
- ½ teaspoon finely grated lemon zest
- ¼ teaspoon kosher salt

For Green Beans

- 1 (12 ounce) bag Mann™ Green Beans
- 1 tablespoons extra-virgin olive oil
- ¼ teaspoon salt
- ¼ cup thyme sprigs
- lemon wedges, for garnish

The Method

For Thyme-Dijon Butter

Make Thyme-Dijon butter ahead of time. Combine butter, mustard, thyme, capers, lemon zest and salt in small bowl. Mash all ingredients together with a spatula or spoon. Refrigerate until needed.

For Green Beans

Put grill basket directly on the grate of gas grill and heat to medium-high. Toss Mann™ Green Beans with olive oil and ¼ teaspoon of salt. Place Mann™ Green Beans in heated grill basket, cover and cook, tossing every few minutes with tongs until Mann™ Green Beans are limp and blackened in places 8-9 minutes. (Smaller beans will be very charred.)

Transfer beans to serving bowl and toss with 1 tablespoon of hyme-Dijon butter until coated (add more if desired).

Serve hot.

Servings: 10



BROCCOLINI[®] baby broccoli & Pork Loin Baguettes

Ingredients

- 1½ pound pork loin, center-cut
- 1 bunch Mann[™] BROCCOLINI[®] baby broccoli (about 9 stalks)
- 1 French baguette loaf
- 1 cup Dijon styled dressing

The Method

Grill or bake pork loin at 350°F ° for 35 minutes. Remove from heat, wrap in heavy tin foil and let rest for 20 minutes. Then slice into 30 thin medallions and set aside.

Bring a pot of water to a full boil and blanch Mann[™] BROCCOLINI[®] baby broccoli (about 9 stalks) for 30 seconds, so stalks are crisp-tender. Immediately submerge in ice water to stop the cooking process. Remove, and dry on a paper towel.

Separate the heads from the stalk. You can use the stalks for another time or as part of a vegetable platter.

Toast the baguette slices on a grill for ½ minute on each side, then place on a serving platter. Top each baguette with a thin slice of the pork, a garnish of Mann[™] BROCCOLINI[®] baby broccoli and drizzle with Dijon-style dressing.

Servings: 30 baguettes



Turkey Bacon Wrapped Green Beans

Ingredients

- 1 (12 ounce) bag Mann™ Green Beans
- 1 (8 ounce) package turkey bacon
- ½ tablespoon extra-virgin olive oil
- sea salt, to taste (optional)

The Method

Preheat oven to 375° F.

Bundle 4-5 Mann™ Green Beans together in your hand and wrap the bundle tightly with one slice of bacon starting from the bottom and ending in the middle. Secure with a toothpick and lay on a lined baking sheet. Repeat steps with the remaining Mann™ Green Beans and bacon slices.

Using a pastry/basting brush, lightly coat the bundles with oil. Sprinkle the bundles with salt and bake on the center rack for 15 minutes.

Servings: 4